

Digital Well-being Challenge Amplifier Toolkit

About the Digital Well-Being Challenge

The [Office of Educational Technology \(OET\)](#) at the U.S. Department of Education and the [Substance Abuse and Mental Health Administration \(SAMHSA\)](#) are announcing a Digital Well-being Challenge (Challenge). This challenge is an incredible opportunity for students aged 13+ and the schools that serve them to address critical topics in digital citizenship and well-being, including healthy social media use, digital citizenship education, and responsible technology policies. Applications are open **Friday, December 6, 2024 and close on Thursday, January 15, 2025.**

Selected teams will:

- Collaborate to create actionable solutions to pressing digital issues
- Attend an invite-only virtual summit in March-April 2025 to connect with specialists in social media and youth mental health, safety- and privacy-by-design, and responsible technology use.
- Work with expert mentors post-summit to refine and implement their ideas
- Get at least \$1,000 in prize funding that can be used to support implementation of their team project
- Contribute to a Digital Well-Being Toolkit for schools across the country

Relevant links

- Digital Well-Being Challenge Website: <https://tech.ed.gov/digital-wellbeing-challenge/>
- Challenge Rules, Terms & Conditions: <https://tech.ed.gov/digital-wellbeing-challenge/rules>
- Challenge Application: https://forms.office.com/Pages/ResponsePage.aspx?id=FEVdvd6EKEmp_WrhC7rWd2qUg_ggUwrxBlhWoAzeDloNURVhDN0dFVzRaSkdLQIBVSFJRS1I3MUNMVS4u
- Eligibility Criteria: <https://tech.ed.gov/digital-wellbeing-challenge/rules/#eligibility>
- Rubric: <https://tech.ed.gov/digital-wellbeing-challenge/rules/#rubric>
- Resources: <https://tech.ed.gov/digital-wellbeing-challenge/rules/#resources>

Graphics

- Downloadable social media graphics available here:
<https://drive.google.com/drive/folders/1airM2XiGluFKgVPPkC5FySzhWJod6aBs?usp=sharing>

Sample Newsletter Blurb

Applications Now Open: Digital Well-Being Challenge

Are you a student aged 13+ or an educator passionate about improving digital citizenship and well-being in your school community? This is your chance to make a difference!

The Digital Well-Being Challenge invites schools and students to tackle pressing topics like healthy social media use, digital citizenship education, and responsible technology policies. This exciting initiative is a collaborative effort between the [U.S. Department of Education's Office of Educational Technology \(OET\)](#) and the [Substance Abuse and Mental Health Administration \(SAMHSA\)](#) at the U.S. Department of Health and Human Services.

What's in it for you?

- Collaborate as a school or district team to develop actionable solutions for local digital well-being challenges.
- Attend an exclusive virtual summit in March-April 2025 to connect with specialists in social media and youth mental health, safety- and privacy-by-design, and responsible technology use.
- Work with expert mentors to refine and implement your project ideas.
- Get at least \$1,000 in prize funding that can be used to support implementation of your team project.
- Contribute to a Digital Well-Being Toolkit for national impact.

Don't miss this opportunity to shape the future of digital well-being in education.

Apply by January 15!

Together, we can empower school communities to thrive in the digital age.

Learn more and submit your application today! <https://tech.ed.gov/digital-wellbeing-challenge/>

Sample Social Media Content

LinkedIn

Calling All Students (13+) and Educators!

Help us promote healthier social media use, teaching digital citizenship, and shaping responsible tech policies in schools!

Join the Digital Well-Being Challenge and make a real difference in your school community!

This challenge, led by the [US Department of Education](#) and [SAMHSA](#), empowers students and schools to:

- Solve pressing digital citizenship and well-being challenges
- Attend an exclusive virtual summit in March-April 2025 with specialists in social media and youth mental health, safety- and privacy-by-design, and responsible technology use
- Work with expert mentors to turn ideas into action
- Get at least \$1,000 in prize funding
- Contribute to a Digital Well-Being Toolkit for nationwide impact

Applications close January 15! Apply now! <https://tech.ed.gov/digital-wellbeing-challenge/>

#DigitalWellBeing #EdTech # EducationInnovation

Instagram - [Can be used with [carousel graphics](#)]

Join the Digital Well-Being Challenge! Tackle topics like healthy social media use and digital citizenship.



Apply by Jan. 15: <https://tech.ed.gov/digital-wellbeing-challenge/>

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Facebook

Take part in the Digital Well-Being Challenge, a collaborative initiative led by the [U.S. Department of Education's Office of Educational Technology \(OET\)](#) and the [Substance Abuse and Mental Health Administration \(SAMHSA\)](#). Together, we're tackling critical topics like healthy social media use, digital citizenship education, and responsible tech policies in schools.

Why Join?

- ✓ Address local digital citizenship and well-being challenges
- ✓ Attend an invite-only virtual summit with specialists in social media and youth mental health, safety- and privacy-by-design, and responsible technology use in March-April 2025
- ✓ Collaborate with expert mentors to bring your ideas to life
- ✓ Get at least \$1,000 in prize funding
- ✓ Help shape a Digital Well-Being Toolkit for nation-wide impact

Apply by Jan. 15! Learn more: <https://tech.ed.gov/digital-wellbeing-challenge/>



Join the Digital Well-Being Challenge! Tackle topics like healthy social media use and digital citizenship.

Apply by Jan. 15: <https://tech.ed.gov/digital-wellbeing-challenge/>

#DigitalWellBeing #EdTech # EducationInnovation

Calling all changemakers! Join the Digital Well-Being Challenge to tackle healthy social media use, digital citizenship, & tech policies. Applications are due Jan. 15!

<https://tech.ed.gov/digital-wellbeing-challenge/> #EdTech